

According to legend, Mullah Nasruddin was asked to perform a miracle. He commanded a tree to come nearer. But the tree did not move. Mullah explained, "The tree could not come to me, so I went to it!"

-- Adapted from "Mullah's Miracle," by Eric Daenecke

Take Steps to Prevent the Flu

Staying healthy doesn't require a miracle. Avoid getting – or spreading – the flu by following these easy steps:

Wash your hands often
Cough or sneeze into your arm or sleeve, not your hands
Get a flu shot

For more information on how to protect against influenza, visit
www.vdh.virginia.gov/pandemicflu.